



JFS is here for you!

In Jewish tradition, becoming B'nei Mitzvah marks the passage between childhood and adulthood, and is a celebration of entering this new phase in life.

There is no better way to mark this important occasion than to support your community through *Gemilut Chasadim* - kindness and good deeds.

May you live to see your world fulfilled. May you be our link to future worlds, and may your hope encompass all the generations to be.

May your heart conceive with understanding, may your mouth speak wisdom and your tongue be stirred with sounds of joy.

May your gaze be straight and sure, your eyes be lit with Torah's lamp, your face aglow with heaven's radiance, your lips expressing words of knowledge, and your inner self alive with righteousness.

And may you always rush in eagerness to hear the words of One more ancient than all time.

Talmud, Brachot 17A

If you're interested in learning more or have an idea that's not listed here, contact our Volunteer Coordinator, Laura Miacola:

 **(860) 236-1927, ext 7128**

 **lmiacola@jfshartford.org**

Photographs on the outer flaps are courtesy of BMKent Photography.



JFS Greater Hartford

B'nei Mitzvah Project Guide



Jewish Family Services
Embracing Possibility.



Fundraise

Help JFS to raise funds for the program of your choice, such as:

- Anja Rosenberg Kosher Food Pantry
- Outpatient Mental Health Clinic for Youth and Adults
- Holocaust Survivors Program

For fundraising goals above \$1000, we will create a giant check to present at your celebration; and JFS will host a web page to track your progress leading up!

Collect

Organize a drive to support a JFS program. Examples include:

- Weighted blankets, fidget toys, stress balls, etc., for our mental health clinic
- Kosher dry goods for the Anja Rosenberg Kosher Food Pantry
- Seasonal products or birthday supplies for the food pantry

Volunteer

Choose a hands-on volunteer opportunity with JFS:

- Stock shelves, package spices for, and/or help clients at the Anja Rosenberg Food Pantry
- Harvest and water Jessie's Community Garden (seasonal)
- Host a community conversation on the mental health topic of your choice, with the help of a social worker

Each opportunity includes educational discussion and can take place at or leading up to your Bar/Bat Mitzvah.